



Herald Photo/Brian Tregaskis

Cascade Springs

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Steve Haderlie of Salem isn't trying to get rid of a daughter. Instead, he's showing daughters Camille and Sharla what Cascade Springs is all about dur-

ing a recent family outing. The springs, located up Provo Canyon, are home to beautiful native trout and many types of plants. The clear, cool waters eventually

flow down as Little Deer Creek and into Provo River. The entire complex has reopened after a remodeling of walkways, restrooms and informative signs.

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Cascade Springs, a beautiful retreat, features tree-lined walkways through natural springs abundant with ferns and aquatic plants. The springs may be reached from Heber via Wasatch State Park across the eastern slopes on U-113 or by way of the Alpine Loop Road from Sundance. This scenic route provides a breathtaking view of Heber Valley, ideal for photographing. (U-113 is an unpaved road recommended for clear weather use only.)

Cascade Springs Interpretive Trail is a short 30 minute walk over a paved and boardwalk path making it a major attraction to tourist or naturalist, to city or country dweller, to young or old. The leisurely observer can expect to see a number of springs producing over 7,000,000 gallons of water daily, flowing over a series of travertine ledges through several pools descending peacefully into Provo Deer Creek. Resting benches along the walk allow quiet enjoyment, while view areas, as well as a number of signs containing biological and geological information illustrating the water cycle, are designed for a self-guided tour.

The viewer with an eye for vegetation will not be disappointed with this floating greenery. Box elder, willow, water birch, maple, oak, aspen, chokecherry, and hawthorne trees thrive along the trail as well as cattail, watercress, sagebrush, serviceberry, Oregon grape, snowberry, thistle, nettle, rose, columbine, monkshood, showey daisy, and many other plants.

